



PURIFY KIT FAQ

Q: What is the Purify program and Purify Kit?

A: Purify is the first step to achieving Elite Health, and Elite Health can only be achieved by maintaining a healthy microbiome. The Purify program was designed to target the microbiome and help restore its balance by eliminating harmful microbes and feeding helpful microbes. This is a one-week program that includes taking the Purify Kit products, adhering to the Purify meal plan, and exercising for 30 minutes every day. The Purify Kit consists of five products: Biome DT, Biome Shake, Biome Actives, Body Prime, and ProArgi-9+. Full details on the Purify program and Purify Kit products can be found in the Purify Guide.

Q: What can I do to prepare myself to begin the Purify program?

A: Preparation for this program isn't necessary because it is intended to be the introduction to Synergy Elite Health. Of course, purchasing the Purify Kit, reviewing and understanding the program, scheduling time to exercise, and prepping for the program's suggested diet plan are all helpful initial steps. The overachiever could prepare for the Purify program by minimizing processed foods in his or her diet, eating fewer carbohydrates and more lean proteins, and initiating a daily habit of walking 5,000 steps or more.

Q: What results should I expect to notice in following the Purify program?

A: The Purify program will result in improved general well-being, mental clarity, more energy, and some weight loss. The program's key goals are to improve gut health and kick-start improvements in the microbiome.

Q: Is the Purify program a weight loss program?

A: No, but weight loss is an added benefit. This is primarily a purification program intended to detoxify, cleanse, and balance the microbiome.

Q: Does the Purify Kit have any side-effects?

A: Some normalization will occur within the first few days of using the Purify Kit due to the amount of fiber in the system's products. Consequently, some may experience additional bowel movements, bloating, and more gas, but this is normal and should diminish as use continues. Increased gas, for example, is a sign that the program is working and the health-producing microbes are thriving.

Headaches and fatigue are possible side-effects within the first few days of following the one-week Purify program. These initial side-effects may depend on the user's normal diet and overall health. Consult a physician with any concerns related to side-effects.

Q: What quality control measures are taken on the Purify Kit product ingredients and finished products?

A: All of the same quality measures mandated for any Synergy product apply. Every batch of raw ingredient and finished product undergoes rigorous testing from start to finish. Visit the Synergy WorldWide website to learn more about these rigorous quality assurance practices.

Q: Can I use other Synergy products while doing the one-week Purify system?

A: The answer to this question depends on what Synergy products are being used and in what amounts. The Purify Kit and accompanying diet recommendations contain all of the essential daily nutrients in their proper amounts to be successful with the system. Consult a physician regarding any specific questions.

Q: Can I use SLMsmart Meal Replacement Shake instead of the Purify Kit's Biome Shake?

A: Biome Shake is ideal for purification and was specifically formulated for this purpose. It is made effective through vegetable protein, soluble vegetable fiber, and very little carbohydrate content. In addition, Biome Shake includes digestive enzymes that are beneficial to microbiome balance and efficiency.

Q: Do I need to follow the recommended Purify meal plan?

A: Absolutely. Following the meal plan closely will yield substantial benefits. Those who modify their normal diet drastically by following the Purify meal plan may experience different results than those who do not need to modify their normal diet as much. Those who become accustomed to the Purify meal plan will be better prepared to handle a longer Elite Health program in the future.

Q: What do I do with extra product after I've completed the one-week Purify program?

A: Either continue taking it according to the recommended dosage or share it.

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**Q: After I complete the one-week Purify program, what's next?**

A: Continue following the Purify program meal plan and making 30 minutes of exercise per day a priority.

Q: How often can I, or should I, repeat the one-week Purify program?

A: Start the Purify program before initiating a new health regimen and after substantial weight loss. Bodies release toxins during weight loss, so additional purification is warranted to eliminate such toxins. Alternatively, the Purify program can be completed once quarterly.

Q: Is the Purify Kit vegetarian- or vegan-friendly?

A: All products in the Purify Kit are vegan friendly except ProArgi-9+, which is vegetarian friendly.

Q: Is the Purify Kit gluten-free?

A: The sourced ingredients don't include gluten; however, these products are not tested to assure that no cross contamination occurs, so finding small amounts of gluten in the Purify Kit products is possible. The only Purify Kit product tested to be absolutely free of gluten is Biome Shake.